

FRUITY KABOBS



CLOUDY

**Makes: as many as
you wish**

INGREDIENTS:

Apples
Bananas
Pineapple, fresh or canned
Assorted melons
Kiwis
Strawberries
Star fruits
Marshmallows (optional)
Creamy Peanut Butter

DIRECTIONS:

1. Cut the fruit into bite-size chunks, slices, or shapes (use plastic knives, cookie cutters, and melon ballers).
2. To make one kabob, carefully push a skewer through the fruits, alternating colors and shapes.
3. For a sweeter one, use marshmallows and spread

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DIRECTIONS:

- a dollop of peanut butter on each one.
4. Make as many as you wish.



Try a Fast Fruit Freeze: Slide a Popsicle stick or toothpick into a piece of fruit. Cover with plastic wrap and freeze 4 hours. Then eat!

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